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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Includes full name, company name, if applicable, relationship, complete mailing address, telephone number including area code, and email address.                                                               |                 |
| <b>Primary/Emergency Contact Information</b><br>Includes full name, relationship, complete mailing address, telephone number including area code, and email address, if applicable.                             | Required        |
| <b>Healthy Living Providers</b><br>At a minimum, full name and telephone number for the individual's primary care physician and dentist. Additional healthy living providers should be entered when applicable. | Required        |
| <b>Qualifying I/DD Diagnosis:</b><br>The qualifying I/DD diagnosis is entered separately from other mental health or medical diagnoses. Limited to Primary, Secondary, and Tertiary fields.                     | Required        |
| <b>Diagnosis: Mental Health and Medical</b><br>Mental health and medical diagnoses must be entered separately from the qualifying I/DD diagnosis.                                                               | When Applicable |

## About Me

The About Me section should be a detailed strengths-based introduction of the individual. The following questions may be used to prompt discussion.

|                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>What people like and admire about me:</b> | <ul style="list-style-type: none"> <li>• Compliments and nice things other people say about me, especially when I'm "at my best."</li> <li>• The qualities about me and my personality that other people most value and respect.</li> <li>• The reasons people like or love me.</li> <li>• What people appreciate most about me.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>My strengths and assets are:</b>          | <ul style="list-style-type: none"> <li>• What I do well.</li> <li>• All the things I CAN do.</li> <li>• Portions or parts of big things that I CAN do (like make my salad at dinner; set the washer and dryer, etc.).</li> <li>• The qualities about myself I'm proud of.</li> <li>• Qualities or actions I have been recognized or awarded for.</li> <li>• If I were asked to brag about myself a little, I would say . . .</li> <li>• Some things I'm good at that my support staff might not know about.</li> </ul>                                                                                                                                                                                                                                                                             |
| <b>My good life includes:</b>                | <p>When I picture what I would like my life in the future to be like:</p> <ul style="list-style-type: none"> <li>• Where, how, and with whom I would be living.</li> <li>• What my home would be like.</li> <li>• Who I would spend my time with – when and how.</li> <li>• What I would be doing for fun.</li> <li>• How I would spend my days; evenings; weekends.</li> <li>• How I would be making my contributions to this world; my community; the people I care about.</li> <li>• What I would be doing to feel a sense of purpose and accomplishment.</li> <li>• The things I would be doing that bring me joy.</li> <li>• Things that I really like about my current life that I want to continue in the future.</li> <li>• Things about my current life that I want to change.</li> </ul> |